

Fisrt Entry! - Welcome and HELLO! - 12 Step Recovery

Written by Ron Young JR

Sunday, 27 December 2009 04:54 -

Hey there everyone,

I am from London, Ontario, Canada. I've been clean only a few 24's right now and thats a HUGE thing for me - I currently just had a xmas with family that wasn't talking to me befor i came clean - and I have to admit it was very overwhelming - I actually LEFT during gift opening to goto a meeting - yes it was almost done and NO i just didn't leave i told family i had to goto a meeting and they were ok with it and when i got there it was great.

There is ONE thing I have to say is that if your family isn't willing to support the fact that even in times they may not understand WHY you need one but will GET You to a meeting just cause they know/understand thats what helps me/you stay clean that is more important than any resistance they may have for you. This time around for me the fact that I made it to treatment was the turning point in how my family viewed my addiction - They figured that i just CHOOSE to keep going back out - but after finally getting there - now that i'm home again they are trying everything in their power to do what they can to support my meeting sched and everything else

The one thing I have done differently is buried myself into the books and the program this time - I find it very rewarding - when I'm talking to a new comer and am able to point to the basic txt and show them that WHAT THEY DON'T THINK IS IN THERE is actually in there - in black and white - meaning that not only ME but EVERY addict in these rooms has went through and felt the exact same thing they are right now - and let them know that ANYONE is willing to talk to them about their problems and help them through - its a VERY rewarding program and it does bring things back into you rlife - and if you stick with it good things will happen - NOTHING CHANGES IF NOTHING CHANGES - just know that whatever your given in life is a gift from your higher power - and if you dont' get things as quick as some may - its just because your not quite ready - or you don't need it yet - you only get what you need.

Someone told me when i was dealing with a little bit of self pity - and not adapting to the happiness i have in my life today very well, that I was getting caught up on the things i had DONE in the past - and THESE simple words helped me

"Maybe its not what you DID, but what your DOING...." and with that i realized that maybe i'm being rewarded now, today for the way i'm LIVING my life TODAY - instead of being punished for the things i have done in the past.

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Just remember your never alone in this battle, when you can't find someone to talk to - PRAY - he will always listen with LOVE and FORGIVNESS and nothing can take that away.

Wish you all another 24 - and I can't wait to read more on this site - its not big - but i'll be promoting it in my city - as its a great resource for people when they don't have any phone numbers starting out!

Good nite

Ron Y